



PROSTATE CANCER

PROSTATE CANCER is an uncontrolled growth and spread of cells in the prostate, an exocrine gland in the male reproductive system. Excluding all types of skin cancer, prostate cancer is the most commonly diagnosed cancer and the second leading cause of cancer death among men in the United States and Indiana. There were approximately 2,844 new cases of prostate cancer diagnosed during 2012 [Table 1] and, there were 606 deaths due to prostate cancer during that same year. Those numbers result in an incidence rate of 82.6 per 100,000 males and a mortality rate of 21.9 per 100,000 males.

Table 1. Burden of Invasive Prostate Cancer—Indiana, 2008–2012*

	Average # of cases per year (2008–2012)	Rate per 100,000 males* (2008–2012)	Number of cases (2012)	Rate per 100,000 males* (2012)
Indiana Incidence	3,529	106.9	2,844	82.6
Indiana Deaths	584	21.9	606	21.9

*Age-adjusted

Source: Indiana State Cancer Registry

PROSTATE cancer incidence has declined significantly from 2003 to 2012 for both black and white males [Figure 1]. For mortality, only white males saw a significant decline from 2003 to 2012. In 2012, the incidence rate for black males was significantly higher when compared to white males (112.7 and 78.8 cases per 100,000). The mortality rate was also significantly higher for black males compared to white males (41.1 and 20.8 cases per 100,000) for the same year.

Who Gets Prostate Cancer Most Often?

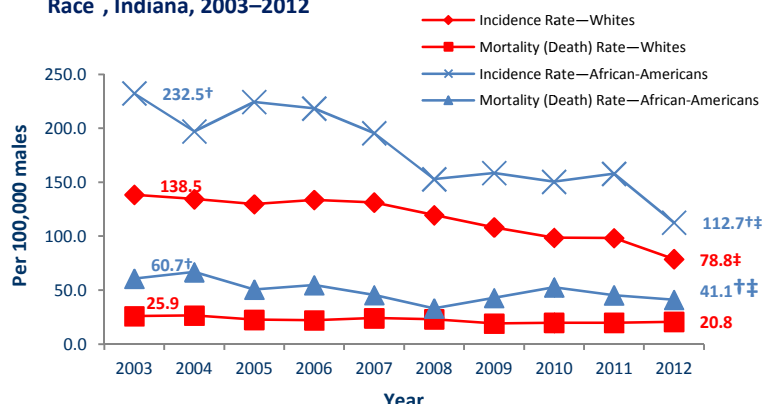
- ❑ **Older men.** According to the American Cancer Society, about 60 percent of all prostate cancer cases are diagnosed in men age 65 and older. In addition, 97 percent of all cases occur in men age 50 and over.¹
- ❑ **African-American men.** African-American men and Caribbean men of African descent have the highest documented prostate cancer incidence rates in the world.¹ In addition, African-American men are more likely to be diagnosed at an advanced stage, and are more than twice as likely to die of prostate cancer as white men.
- ❑ **Men with a family history of prostate cancer.** Men with one first-degree relative (a father or brother) with a history of prostate cancer are two to three times more likely to develop the disease; those with more than one affected first-degree relative are three to five times more likely to be diagnosed with prostate cancer.

Common Signs and Symptoms of Prostate Cancer²

It is important to note that some men have no symptoms at all, and that many symptoms also occur frequently as a result of non-cancerous conditions, such as prostate enlargement or infection, and none of these symptoms are specific for prostate cancer. Symptoms of prostate cancer can include:

- ❑ Difficulty starting urination
- ❑ Weak or interrupted flow of urine
- ❑ Frequent urination, especially at night
- ❑ Difficulty emptying the bladder completely
- ❑ Pain or burning during urination
- ❑ Blood in the urine or semen
- ❑ Painful ejaculation
- ❑ Pain in the back, hips or pelvis that doesn't go away

Figure 1. Prostate Cancer Incidence and Mortality (Death) Rates by Race*, Indiana, 2003–2012



*Age-adjusted.

†Significantly elevated (P<.05) compared to white males.

‡Significantly lower (P<.05) compared to 2003.

Source: Indiana State Cancer Registry.



Early Detection

- ❑ Not all medical experts agree that screening for prostate cancer will save lives. The controversy focuses on cost of screening, the age groups to be screened and treatments after diagnosis.
- ❑ It is no longer recommended that men receive the prostate-specific antigen (PSA) – based screening for prostate cancer. Currently, the United States Preventive Services Task Force recommends that men have a conversation with their health care provider about their personal health and lifestyle, risk for prostate cancer, personal beliefs and preferences for health care, as well as the benefits and harms of PSA screening and any treatment that may result prior to making an informed decision about getting a PSA.
- ❑ Potential benefits of prostate cancer screening include early detection and possible increased effectiveness of cancer treatment.
- ❑ Potential risks of prostate cancer screening can include false-positive tests results, overtreatment and treatment that might lead to serious side effects such as impotence and incontinence.
- ❑ Each man should:
 - Understand his risk of prostate cancer
 - Understand the risks, benefits and alternatives to screening
 - Participate in the decision to be screened or not at a level he desires
 - Make a decision consistent with his preferences and values

TAKE ACTION: Steps you can take to help prevent prostate cancer

- ❑ Eat at least five servings of fruits and vegetables each day.
- ❑ Limit intake of red meats (especially processed meats such as hot dogs, bologna and lunch meat).
- ❑ Avoid excessive consumption of dairy products (>3 servings per day) and calcium (>1,500 mg per day).
- ❑ Include recommended levels of lycopene (antioxidants that help prevent damage to DNA which are found in tomatoes, pink grapefruit and watermelon) and vitamin E in diet.
- ❑ Meet recommended levels of physical activity (visit www.cdc.gov/physicalactivity/everyone/guidelines/index.html).

GET INVOLVED: Join the Indiana Cancer Consortium (ICC)

- ❑ The ICC is a statewide network of over 100 agencies including the Indiana State Department of Health.
- ❑ ICC seeks to reduce the cancer burden in Indiana through the development, implementation and evaluation of a comprehensive plan that addresses cancer across the continuum from prevention through palliation.
- ❑ Become a member at www.indianacancer.org.

Community Resources

- ❑ For a prostate cancer toolkit with resources and information, visit <http://indianacancer.org/prostate-cancer-toolkit/>.
- ❑ To learn more about the prostate cancer burden in Indiana, refer to the [Indiana Cancer Facts and Figures 2012](http://www.indianacancer.org) report at www.indianacancer.org.
- ❑ For prostate cancer support and resources, contact the American Cancer Society via website at www.cancer.org or by phone at 1 (800) 227-2345.

References

1. American Cancer Society. Cancer Facts and Figures 2014. Atlanta: American Cancer Society, 2014. Available online at www.cancer.org/research/cancerfactsstatistics/cancerfactsfigures2014/index.
2. Indiana Cancer Consortium, Indiana State Department of Health and the American Cancer Society Great Lakes Division; *Indiana Cancer Facts and Figures 2012*. March, 2012. Available at <http://indianacancer.org/resources-for-indiana-cancer-consortium-members/indianacancerfactsandfigures2012/>. Updated cancer statistics are available online from the Indiana State Cancer Registry Statistics Report Generator at <http://www.in.gov/isdh/24360.htm>.